

fun for



fit families

## More Veggies to Love!

Make Every Bite Count...More Fruits & Veggies

- ☺ **Cook dishes with plenty of vegetables.**  
Enjoy stir fries, tacos, soups and stews.
- ☺ **Add vegetables to scrambled eggs.**  
Stir in cooked, finely chopped broccoli, carrots, red peppers or green peppers.
- ☺ **Make a Pasta Salad with vegetables.**  
Toss together chopped broccoli, cauliflower, tomatoes and cooked pasta with Italian salad dressing.
- ☺ **Shredded carrots can be added to many of your favorite foods.** Add shredded carrots to meatloaf, spaghetti sauce, pizza sauce, salads, soups and tacos.
- ☺ **Add small pieces of cooked broccoli to canned soups, boxed rice dishes, meatloaf or lasagna.**
- ☺ **Bake with vegetables.** Mashed sweet potatoes, pumpkin and shredded carrots can be added to muffins or quick breads.
- ☺ **Chopped spinach can be added to meatloaf, meatballs, lasagna and soups.**
- ☺ **Add fresh spinach leaves to your favorite salad for more nutrition.**  
Try baby spinach leaves in your salad.



May



## Plant a Garden!

Plant a garden with your child this spring!

Maybe you are lucky enough to have your own garden space.

If not,

- ♥ **Plant a garden at a friend or relative's home** if they have a garden space.
- ♥ **Look for a community garden.**  
They often will rent garden space at a low cost. Call your Cooperative Extension Office for information.
- ♥ **Plant in large pots!**

Plant and grow vegetables with your child. Your child will be more willing to try to eat the vegetables that he helps to grow.

## Children can help!

- ♥ Dig with a small plastic hoe or shovel.
- ♥ Place seeds into a hole.
- ♥ Cover seeds with dirt.
- ♥ Give water to seeds and plants.

# Warm Weather Fun

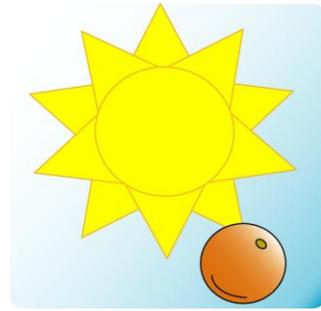
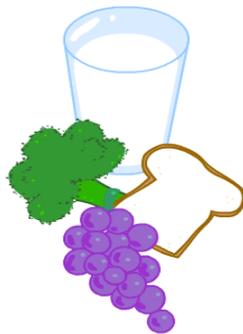
Move More...Watch Less

- ♥ **Play outside!** Children who go outside to play are more active. There is more room to run and play!
- ♥ **Find a sand pile to play in.** Go to your local beach or park.
- ♥ **Make your own beach** – Fill a small plastic swimming pool with sand. Use plastic cups, pails and spoons to play with.
- ♥ **Invite other children to your home.** Children love to play together!

## Play safe!

Always stay with your child when outside.

**Be sure your child has a safe area to play.**



## Sweet Drinks

Make Every Sip Count...  
More Healthy Beverages

Today's children drink a lot of sugary drinks such as soda, fruit drinks and other sweet drinks.

**This can be a problem!**

Sweets can ruin an appetite fast! **Some children will prefer sweet foods and refuse to eat healthy foods.**

Children who drink lots of sweet drinks are probably not drinking enough milk.

Their diets can be low in calcium. Serve skim or 1% milk at meals for children over the age of 2 years.

Limit sweet drinks such as soda and fruit drinks.

**Drink water instead.**

Encourage your child to enjoy the fresh taste of water.

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